

Paleo Cookbook

Recipes for the 21st Century Hunter-Gatherer



Gluten Free - Dairy Free - Preservative Free

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**Paleo Cookbook -
Paleo Eating For Modern People**



**Paleo Cookbook –
Recipes for the 21st Century Hunter-Gatherer**

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Standard Measurements

1 kg = 2.2lb

1 cup = 240ml

1 tsp = 5ml

1 tbs = 15ml

Introduction

This recipe book focuses on using foods in their natural form - foods Mother Nature intended us to eat. This is the basis of the Palaeolithic/cave man/hunter gatherer diet.

People are becoming more aware of the impact of foods on their health. Foods which society has now made available to us through processing and agricultural changes can lead to many negative health problems; chemical additives and excessive processing denatures foods from their original form.

This recipe book provides a variety of options for those people who are looking for alternatives to help them reach and maintain optimal health as well as for those with allergies.

NO
Pasta
Bread
Rice
Potatoes
Dairy
Processed sugar
Preservatives

** Recipes marked with an asterix contain a food source that does not fall under the Paleo category and are optional for those who would prefer to avoid these foods all together.*

The recipes in this book are a compilation of adaptations of recipes enjoyed by me as well as family and friends. This in turn has inspired me to experiment with some recipes of my own.

These recipes are also included. I hope you enjoy them as much as I do.

If you would like more Paleo recipes that are free, please visit www.nikkisblogspot.com

SNACKS





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Mayonnaise

Ingredients

2 egg yolks
200ml oil
3tsp lemon juice
Pinch of salt

Instructions

Place the egg yolks, salt and lemon juice in a bowl. Using an electric beater pulse until mixture has slightly thickened.

Keep the electric blender running and slowly add the oil drop by drop. This will take a few minutes – don't rush the process as the oil may start to separate from the egg.

When all the oil has been added, add more salt or lemon juice to taste. Cover and refrigerate for up to 5 days. Stir before serving.



Rocket and Macadamia Nut Dip

Ingredients

2 cups rocket leaves
1 cup macadamia nuts
1 bunch flat leaf parsley
3 garlic cloves
¼ cup olive oil

Instructions

Place all ingredients into a food processor and blend to form a paste with a smooth texture.

Add additional olive oil if dip is clumpy.

Serve with julienned raw vegetables.



Pesto

Ingredients

2 cups fresh basil
2 cloves garlic
2½ tbs olive oil
3 tbs pine nuts
2 tbs cashews

Instructions

Blend all ingredients together in an electric blender, or using a mortar and pestle.

Add oil slowly to form the right consistency.

Carrot and Cumin Dip

Ingredients

2 cups diced carrots
1 tbs ground cumin
4 cloves garlic, chopped finely
2 tbs olive oil
1 tsp salt
2 tbs tahini
1 tbs olive oil
1 tbs lemon juice

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

On an oven proof tray, place carrots, garlic, cumin, oil and salt.



Bake in oven for 30 minutes, remove and allow to cool.

Place in a food processor along with the extra olive oil, tahini and lemon juice. Blend briefly until a smooth paste is formed.



Guacamole

Ingredients

1 medium avocado, ripe
2 tbs red onion, finely cut into pieces
1 tbs mayonnaise

Instructions

Place all ingredients in a bowl, mash ingredients together until there are no lumps left in the avocado.

Serve with crispy slices of cucumber.

Tahini Dip

Ingredients

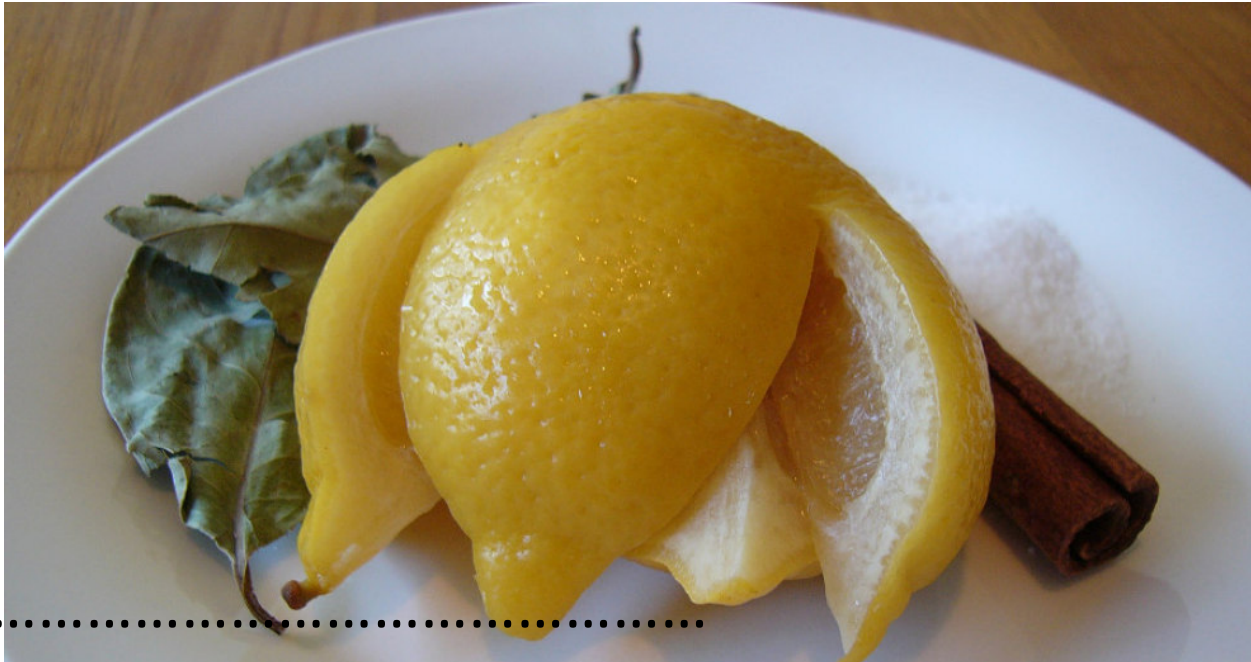
½ cup tahini
3 large garlic cloves, crushed
1 tbs olive oil
¼ cup lemon juice
3 stalks parsley
2 tbs water

Instructions

Place all ingredients in a food processor; blend briefly until a smooth paste is formed.

If dip is too thick, add more water until desired consistency has formed.





Preserved Lemons

Ingredients

5 thick skinned lemons, cut into quarters without detaching pieces at the end stem.
1 cup coarse sea salt
1 cinnamon stick
2 large bay leaves
1 tbs pink peppercorns
1½ - 2 cups lemon juice
Olive oil

Instructions

Place salt in a bowl and press lemons down to remove most of their juice.

Place salted lemons in a large jar along with the cinnamon stick, bay leaves and peppercorns. Add enough lemon juice until all lemons are covered; you may require more lemon juice and salt to fill the jar.

Cover the jar and keep in a cool, dry place for 2 weeks. Shake the jar every day.

To store lemons, coat with a little olive oil and keep in the refrigerator.

To use, remove and discard the flesh. Wash pith and skin under cold water and chop.

Lemons will keep up to 6 months. After that they will become sour.



Roasted Pumpkin Seeds

Ingredients

- 1 cup pumpkin seeds
- 1 tsp sea salt

Pickled Eggs

Ingredients

- 12 hard boiled eggs, shelled
- 2 cups apple cider vinegar
- ½ cup water
- 2 tsp salt
- 10 whole cloves
- 2.5cm piece root ginger, peeled and cut into 2 pieces
- ½ tsp ground pepper
- 2 bay leaves

Instructions

- Place eggs in a large sterilised jar.
- In a medium sized pan, place vinegar, water, salt, cloves, ginger, pepper and bay leaves. Bring to the boil then remove from heat and leave to cool.
- When cooled, remove cloves and bay leaves and pour over eggs to cover, add more vinegar if necessary.
- Place in the fridge and allow to stand for at least two days before consuming.

Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Place pumpkin seeds and salt on an oven proof tray lined with baking paper.
- Bake in the oven for 10 minutes, or until pumpkin seeds are golden in colour.
- Remove from oven and leave to cool before serving.

Purple Sweet Potato and Asparagus Chips

Ingredients

1 small/medium purple sweet potato, washed and sliced into long fingers
1 bunch asparagus, cut spears into three pieces
1tbs coconut oil
Salt

Instructions

Pre-heat oven to 180 degrees Celsius.

Place sliced sweet potato and asparagus on an oven tray lined with baking paper.

Place coconut oil in dollops over vegetables, followed by a good sprinkling of salt.

Place in the oven and bake for 20-25minutes. Stir occasionally if required until sweet potato has become slightly crunchy and asparagus cooked through.





Meatballs

Ingredients

500g mince meat
1 small onion, finely chopped
1 garlic clove, finely chopped
1 egg
2 tbs tomato sauce
1 tsp sage
1 tsp basil
½ tsp chilli powder
Dash turmeric
Salt and pepper

Instructions

Pre-heat oven to 200 degrees Celsius, fan-forced.

In a bowl, mix all ingredients together until well combined.

Roll mince meat into 2.5cm wide balls and place on an oven proof tray lined with baking paper.

Bake for 20-30 minutes, or until cooked.

To serve, have toothpicks available for individual serves, along with tomato sauce for dipping.

Ham and Pineapple Fritter

Ingredients

1 slice pineapple
2 slices finely sliced ham
1 egg
Almond meal
Cinnamon
Nutmeg
Allspice
1 tsp Oil
Avocado (optional for serving)

Instructions

In a bowl, beat egg with some cinnamon, nutmeg and allspice to taste.

Spread some almond meal on a plate.

Place ham on one side of the pineapple piece and dip into the beaten egg to coat.

Coat the pineapple/ham in the almond meal and place on a heated fry pan with oil and lightly cook until almond meal has browned.



Fruit and Nut Snack

Ingredients

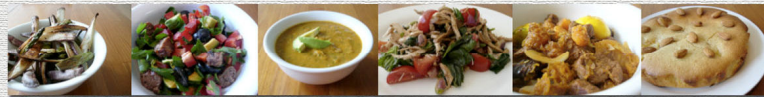
Sultanas
Chopped pecan nuts
Pumpkin seeds
Cinnamon

Instructions

Mix ingredients together.



SALADS



ALSO SEE:

- ~ Thai Chicken Salad with English Spinach
- ~ Chicken with Avocado Sauce



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Roast Eggplant and Capsicum Salad

Ingredients

2 small eggplants
1 green capsicum
1 clove garlic, finely chopped
1 tbs lemon juice
2 tbs olive oil
2 tsp ground cumin
Dash salt and pepper
6 cherry tomatoes, cut into quarters
Parsley to garnish

Instructions

Preheat oven to 200 degrees Celsius, fan-forced.

Place whole eggplant and capsicum on an oven proof tray and roast for 15-20 minutes, turning occasionally until soft and skin has turned black. Remove from oven and leave to cool.

In a bowl, mix together garlic, lemon juice, olive oil, ground cumin, salt and pepper. When eggplant and capsicum have cooled, remove skin and drain liquid from vegetables. Remove the seeds from the capsicum and dice into big pieces, dice eggplant into big pieces and mix into the olive oil mixture.

Top with cherry tomatoes and chopped parsley.

Beetroot and Roast Sweet Potato Salad

Ingredients

200g Sweet Potato, peeled
1 tbs Olive oil
150g mixed lettuce leaves
50g baby English spinach
 $\frac{3}{4}$ cup cherry tomatoes
 $\frac{1}{2}$ cucumber, thinly sliced
 $\frac{1}{2}$ cup walnuts, roughly chopped
Dressing
2tbs olive oil
1tbs balsamic vinegar
 $\frac{1}{2}$ tsp salt (optional)

Instructions

Cut sweet potato into cubes and place into a pre-heated oven 180 degrees Celsius for 20 minutes, or until golden and tender. Leave to cool.

In a bowl, mix together lettuce leaves, spinach, tomato and cucumber. Combine dressing ingredients and stir through salad, topping with the roasted sweet potato and walnuts.



Chinese Cabbage Salad with Almonds

Ingredients

$\frac{1}{2}$ Chinese cabbage chopped or 4 cups chopped
3 tbs mayonnaise
Handful almond slivers

Instructions

In a bowl place chopped Cabbage, mix in thoroughly the mayonnaise.

Top with almond slivers and serve.





Egg and Dill Mayonnaise Salad

Ingredients

3 eggs, boiled
1 tbs mayonnaise
1 tsp dill, finely chopped
1 cup English spinach
1 small carrot, diced
½ cup snow peas, roughly chopped

Instructions

Cut boiled eggs into small cubes, place into a bowl along with mayonnaise and dill and stir until combined.

In a separate bowl, mix together spinach, carrot and snow peas, spoon egg mixture on top to serve.



Rocket, Bacon and Walnut Salad

Ingredients

3 cups rocket
6 rashers bacon, diced
100g walnut pieces
3tbs olive oil
2tbs lemon juice

Instructions

Cook the bacon in a frying pan for 4-5 minutes or until crispy. Remove and place in a large salad bowl along with rocket leaves.

Add 1tbs olive oil to frying pan and place back on medium heat. Add walnuts to pan and cook stirring constantly until lightly toasted. Add to salad bowl and combine with bacon, rocket, lemon juice and remaining olive oil.

Serve.



24hr Salad

Ingredients

- ½ head iceberg lettuce, chopped
- 6 hard boiled eggs, sliced
- 1 cup green peas
- 500g bacon, crisp-cooked, drained
- Mayonnaise or salad dressing
- Salt and pepper

Instructions

- In the bottom of a large salad bowl, place half the chopped lettuce and sprinkle with some salt and pepper.
- Layer the eggs on top of the lettuce (standing some eggs on the edge if desired); adding some more salt and pepper at this stage is optional.
- Place the peas on top of the eggs, followed by the remaining lettuce, bacon, then spreading the mayonnaise or salad dressing over the top, sealing to the edge of the bowl.
- Cover and place in the fridge for 24hours or overnight. Allowing the flavors time to blend is the secret to this salad.

Toss before serving. Makes 12-15 servings.

Carrot and Coconut Salad

Ingredients

- 5 cups loosely packed grated carrot. (around 5 carrots)
- 1 cup shredded coconut
- ½ cup raisins or sultanas
- ¾ cup pecan nuts, roughly chopped
- 2 tbs olive oil
- 3 tbs lemon juice

Instructions

In a salad bowl combine all ingredients and mix well.





Tuna and Olive Salad

Ingredients

90g can tuna
10 olives, cut in half
4 asparagus spears, ends removed and cut into bite size pieces
6 cherry tomatoes, cut into quarters
Handful walnuts, roughly chopped
1 tsp olive oil

Instructions

Place all ingredients in a bowl and combine well.

Serve.



Fruit and Nut Chicken Salad

Ingredients

1 chicken breast
1 celery stalk, thinly sliced
10 white seedless grapes, cut into halves
½ green apple, diced
⅓ cup pecans
1 tsp olive oil
2 tsp apple cider vinegar

Instructions

Boil chicken breast in water for 15-20 minutes or until cooked.

Remove from pan and leave to cool. Shred chicken meat.

In a small bowl combine chicken, celery, grapes, apple, pecans, oil and apple cider vinegar. Combine well.

Serve.



Pecan Chicken Salad

Ingredients

1 chicken breast
½ small red onion, finely diced
1 celery stalk, finely sliced
⅓ cup pecans
2 tbs mayonnaise
1 boiled egg, cut in half

Instructions

Boil chicken breasts in water for 15-20 minutes or until cooked.

Remove from pan and leave to cool. Shred chicken meat.

Boil egg in water for 4-6 minutes or until desired texture has been reached. Remove from pan and cool.

In a small bowl combine chicken, onion, celery, pecans and mayonnaise. Combine well.

Place egg on top of salad to serve.

Ratatouille

Ratatouille is generally served as a main dish, but can also be a side dish.

Ingredients

3 cups eggplant, diced
1 whole red (or green) capsicum, cut into strips
3 small zucchini, peeled and diced
3 gloves garlic, finely chopped
2 onions, sliced
2 tbs tomato paste (optional)
400g can diced tomatoes
or 4 large ripe tomatoes, chopped
1 tbs olive oil
1 tsp ground coriander
1 tbs dried basil
salt and pepper

Instructions

In a pan place oil, onion and garlic and cook until soft but not brown.

Add eggplant, capsicum and zucchini, cover and cook on low heat for 20 minutes.

Add tomato paste, tomatoes, coriander, basil, salt and pepper and cook for a further 20-30 minutes or until vegetables are very tender.



Vegetables in Coconut Milk

Ingredients

1 cup broccoli florets
1 cup pumpkin, diced
½ cup cabbage, finely sliced
½ cup light coconut milk
Walnuts to serve

Instructions

Boil the broccoli, pumpkin and cabbage in the coconut milk until tender.

Remove from pan and serve with walnuts.

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Chicken and Pistachio Salad

Ingredients

1 chicken breast
½ cup fresh basil leaves, roughly chopped
6 cherry tomatoes, cut into quarters
½ small red onion, finely diced
⅓ cup pistachio nuts, shelled
2tbs soy sauce
1tbs olive oil

Instructions

Boil chicken breasts in water for 15-20 minutes or until cooked. Remove from pan and leave to cool.

In a small bowl combine basil, tomatoes, red onion and pistachio nuts.

When chicken has cooled, shred into pieces and place into bowl along with other ingredients.

Add soy sauce and olive oil and mix well through salad ingredients.

Serve.



Roast Vegetables in Orange and Rosemary

Ingredients

2 cups pumpkin, diced
 2 cups sweet potato, diced
 1 cup carrot, diced
 1 orange, juiced
 3 tbs olive oil
 6 tbs fresh rosemary leaves
 2 garlic cloves, finely chopped
 Salt and pepper

Instructions

Pre-heat oven to 200 degrees Celsius, fan-forced.

Place all ingredients in an oven-proof dish, combine well.

Bake in oven for 15 minutes then stir to cover well in orange liquid. Return to oven for a further 10-15 minutes, or until vegetables are tender and cooked.

Cauliflower Pilaf

Pilaf is usually a rice dish, but I have substituted the rice for cauliflower. Chicken also works well in this dish.

Ingredients

1 large onion, chopped
 1 tsp olive oil
 3 stalks celery, chopped into small pieces
 3 garlic cloves, finely chopped
 ½ cup seedless raisins
 ½ cup currants
 ¼ cup pistachio nuts, shelled
 60g pine nuts
 ¼ cup chopped walnuts
 ½ medium sized cauliflower
 salt and pepper

Instructions

Heat oil in a large pan and fry onions and celery for 2-3 minutes.

Add the garlic, raisins, currants and nuts. Cook and stir for another 5-7 minutes.

Remove ingredients from pan and use the pan to boil the cauliflower until soft. When soft, drain water and mash up into small pieces.



Stir in the celery/nut mixture adding salt and pepper to taste.



Beetroot and Walnut Salad

Ingredients

1 cup fresh beetroot, diced
1/3 avocado, diced
2 cups rocket leaves
1/3 cup walnuts, roughly chopped
2tbs olive oil
2tbs apple cider vinegar

Instructions

Steam beetroot in water for 20-30 minutes or until tender.

Remove from pan and leave to cool.

When beetroot has cooled, place in a medium size mixing bowl along with avocado, rocket, walnuts, olive oil and apple cider vinegar, combine well.



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Broccolini and Garlic Side Salad

Ingredients

2 bunches broccolini, ends removed and cut into quarters
6 large garlic cloves, finely chopped
1 bunch parsley, roughly chopped
1 tbs dried chili, finely chopped
Olive oil

Instructions

Steam broccolini for 4-5min, or until slightly tender. Remove from heat and place into a medium sized mixing bowl.

Meanwhile, garlic and some olive oil in a frying pan on medium heat and cook until garlic has slightly browned.

Add garlic to broccolini along with parsley, chili and extra olive oil to coat.

Warm Salad

Ingredients

6 rashers bacon, diced
2 tbs oil
1 medium red onion, sliced
1 tbs thyme, freshly chopped
¼ cup pine nuts
3 cups fresh rocket
1 tbs olive oil
Balsamic vinegar

Instructions

In a fry pan, place bacon and oil and fry for 5-7 minutes, or until slightly crunchy. Remove bacon from pan leaving in the excess oil.

Place fry pan back on heat and fry onion, thyme and pine nuts for 3-4 minutes, or until onion has softened and caramelized.

In a salad bowl, combine all ingredients well. Serve with olive oil and balsamic vinegar dressing.



Hot Rocket Salad

Ingredients

1 cup cherry tomatoes, cut into quarters
1 cup cucumber, peeled and diced
½ cup fresh basil, roughly chopped
⅓ cup grated coconut
½ tsp red chilli, finely chopped
1 tbs olive oil
1 tbs lime juice
⅓ cup almonds
Salt and pepper

Instructions

Place tomatoes, cucumber, basil, coconut, chilli, olive oil and lime juice in a bowl. Combine well.

Add salt and pepper to taste.

Sprinkle almonds over the top to serve.



Avocado Salad

Ingredients

2 Serves
 1 whole ripe avocado
 2 bacon eyes
 1 whole egg (boiled and diced)
 2 spring onions, finely chopped
 1 tsp mustard/mustard seeds
 1 tbs Mayonnaise
 2 cups Lettuce

Instructions

Dice bacon and fry until cooked.

In a bowl, scoop out avocado and mash with a fork until there are no lumps. Add spring onions, mustard and bacon and stir together until well combined. Lightly fold in the diced eggs.

Separate mixture between the two avocado halves and serve with lettuce.



Greens and Almond Salad

Ingredients

10 Brussel sprouts, cut into halves
 1 broccoli, small, florets separated, stalk thinly sliced
 3 tbs olive oil
 3 garlic cloves, finely chopped
 100g almond slivers
 ½ cup fresh parsley, roughly chopped
 ½ lemon, juiced
 Pepper

Instructions

Place brussel sprouts and broccoli in a pan with some water, and boil for 5 minutes, or until slightly soft. Remove from pan.

Place the pan back on the heat and add oil, garlic and slivered almonds. Stir for 3-4 minutes or until almonds start to become golden. Add brussel sprouts and broccoli back into the pan and continue stirring for an additional 2 minutes.

Take pan off the heat and combine parsley, lemon juice and pepper.



Sausage Salad

Ingredients

2 small 100% beef sausages
½ cup black olives, halved
¾ cup red capsicum, diced
½ cup parsley, chopped
½ avocado, diced
1 tbs olive oil

Instructions

Pre-heat grill to medium heat.

Place sausages on grill and cook for 8-10min, or until cooked. Cool slightly then cut into bite size pieces.

Place sausage in a medium sized mixing bowl along with other ingredients and combine well.



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Grilled Vegetable and Tuna Salad

Ingredients

2 eggs
185g can tuna
1 bunch asparagus, cut in half and sliced
1 red capsicum, diced
1 cup tomatoes, sliced
10 black olives
Olive oil
Salt and pepper

Instructions

Pre-heat grill to medium heat.

Place asparagus, capsicum and tomatoes on the grill along with some olive oil and cook for 5-6min, or until slightly tender.

Meanwhile, boil eggs in water for 4-6min, or until desired texture has been reached, peel and cut into quarters.

Combine tuna, asparagus, capsicum, tomatoes and olives in a medium sized mixing bowl. Add salt and pepper to taste.

Serve with egg quarters.

SOUPS





Tomato and Basil Soup

Ingredients

1 onion, diced
2 cloves garlic, finely chopped
2 tbs olive oil
1 medium sized carrot, dices
2 celery stalks, sliced
400g can diced tomatoes or 1½ cup freshly diced tomatoes
1 cup vegetable stock
½ cup fresh basil, roughly chopped
Salt and pepper

Instructions

In a large pan fry onion and garlic in olive oil for 5 minutes, or until onion has softened.

Add carrot, celery, diced tomatoes and stock and cook for a further 10-20 minutes or until vegetables has softened. Add basil and cook for a further 2 minutes.

Place in a food processor, or use an electric blender to form a smooth texture. Add salt and pepper to taste.



Carrot and Cauliflower Soup

Ingredients

- 1 onion, diced
- 1 garlic clove, finely chopped
- 1 tbs oil
- 2 cups carrot, diced
- 6 cups cauliflower, chopped
- 1 tbs ground turmeric
- 1 tbs ground cumin
- 3 cups vegetable stock
- Salt and pepper

Instructions

- In a large pan fry onion and garlic in oil for 5 minutes, or until onion has softened. Add carrot and cauliflower and cook for 3 minutes. Add turmeric and cumin and cook for a further 3 minutes, until vegetables have heated through.

- Add stock and simmer for 10-15 minutes or until carrot and cauliflower has softened. Remove from heat and stir in parsley, salt and pepper.

- Purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture.

Tomato and Bacon Soup

Ingredients

- 1 onion, finely diced
- 5 slices bacon meat, finely diced
- 1 tbs oil
- 1 tbs oregano, finely chopped
- 1 tsp ground paprika
- 1½ cups diced tomatoes
- 1½ cups vegetable stock
- Salt and pepper

Instructions

- In a large pan, fry onion and bacon in oil for 5 minutes, or until bacon has browned slightly.

- Add oregano and paprika and cook for 2 minutes before adding the diced tomatoes and stock.

- Simmer covered for a further 10-15 minutes. Add salt and pepper to taste.



Pumpkin and Dill Soup

Ingredients

1 onion, diced
1 tbs oil
5 cups pumpkin, diced
1 tsp ground cloves
1½ cups vegetable stock
3 tbs fresh dill, chopped
Salt and pepper

Instructions

In a large pan fry onion in oil for 5 minutes, or until onion has softened.

Add pumpkin and cloves and cook for 2 minutes, stirring constantly.

Add stock and simmer for 10-15 minutes or until pumpkin has softened. Remove from heat and stir in dill, salt and pepper.

Purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture.

Chicken Soup

Ingredients

7 cups water
4 chicken drumsticks
1 large carrot, ends chopped
1 onion, skinned
2 celery stalks, ends chopped
1 tbs salt
Pepper

Instructions

Place all ingredients in a large pan and simmer for 90 minutes. Stirring occasionally.

To serve, cut chicken meat off drumsticks and stir into the soup along with some carrot, onion and celery.

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Pumpkin and Leek Soup

Ingredients

1 onion, diced
1 garlic clove, finely chopped
2 tbs olive oil
1kg pumpkin, diced
2 leeks, sliced
1 tsp ground coriander
2 tsp ground cumin
1 tsp freshly grated nutmeg
5 cups chicken or vegetable stock
1/2 cup coconut milk

Instructions

In a large pan fry onion and garlic in olive oil for 5 minutes, or until onion has softened. Add coriander, cumin and nutmeg and stir for 30 seconds.

Add pumpkin, leek and stock and cook for a further 10-15 minutes or until pumpkin has softened.

Remove from heat and stir in coconut milk.

Place in a food processor, or use an electric blender to form a smooth texture. Add salt and pepper to taste.



Spinach and Coconut Soup

Ingredients

1 small brown onion, finely chopped
 2 garlic gloves, finely chopped
 1 tbs oil
 2 cups vegetable stock
 ½ cauliflower or 5 cups cauliflower florets
 2 cups baby spinach, firmly packed
 ¾ cup coconut milk
 ½ tsp ground nutmeg
 ½ tsp ground paprika
 Salt and pepper to taste

Instructions

In a medium sized pan fry onion and garlic in oil for 5 minutes, or until onion has become tender.

Add the vegetable stock and cauliflower. Cover and cook on high heat for 10 minutes, or until cauliflower is tender. Add spinach and cover for a further 2 minutes, or until spinach has just wilted.

Remove from heat and stir in coconut milk.

Place in a food processor, or use an electric blender to form a smooth texture.

Add nutmeg, paprika, salt and pepper to taste.

Spinach and Zucchini Soup

Ingredients

2 tbs olive oil
 1 onion, diced
 2 garlic cloves, finely chopped
 ½ tsp ground nutmeg
 3 cups zucchini, sliced
 2 cups baby spinach
 2 cups vegetable stock
 ¾ cup coconut milk
 Salt and pepper

Instructions

In a large pan fry onion, garlic and nutmeg in olive oil for 5 minutes, or until onion has softened. Add zucchini and cook for a further 5 minutes. Add spinach and cook until just wilted.

Add stock and simmer for 5-10 minutes, or until zucchini has softened.

Purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture.





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Pea and Rocket Soup

Ingredients

1 small red onion, chopped
1 tbs oil
1 cup peas
1 cup firmly packed rocket
1½ cups vegetable stock

Instructions

In a large pan fry onion in oil until soft.

Add the peas and rocket and cook for 2 minutes. Add the stock and leave on simmer for 10 minutes.

Cool slightly. Purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture.



Mexican Chicken Soup

Ingredients

- 2 cups sweet potato, diced
- 2 tbs oil
- 1 onion, diced
- 2 garlic cloves, finely chopped
- 1 tsp ground cumin
- 2 cups chicken stock
- 2/3 cup tomatoes, chopped
- 1/2 cup coriander, roughly chopped
- 2 chicken breasts, poached and diced
- Salt and pepper
- 1/2 avocado, sliced

Instructions

- Boil sweet potato in water in a large pan for 10 minutes, or until tender. Drain well and remove to the side.
- Place onion and garlic in the large pan and fry in oil for 5 minutes, or until onion has become tender.
- Add turmeric cumin and cook for a further 2 minutes before adding stock, tomatoes, coriander and sweet potato.
- Remove from heat and purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture, adding more liquid if necessary. Place soup back into the pan.
- Add cooked chicken breast to the soup and reheat for 2 minutes, or until chicken is heated through.
- Add salt and pepper to taste.
- Serve with sliced avocado.



Pumpkin Soup

Ingredients

- 1 tbs olive oil
- 6 spring onions (scallions) finely chopped
- 6 cups diced pumpkin
- 1/3 tsp ground cardamom
- 1/3 tsp ground cloves
- 1/3 tsp ground nutmeg
- 400ml light coconut milk
- Salt and pepper

Instructions

- Fry the spring onions in olive oil until lightly browned. Add pumpkin to the pan with the ground cardamom, cloves and nutmeg. Cover and cook on a low heat for 10 minutes, stirring once or twice. Add coconut milk and cook until pumpkin is tender.
- Purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture. Add salt and pepper to taste.



Fennel and Spinach Soup

Ingredients

- 1 onion, diced
- 2 garlic cloves, chopped
- 1tbs olive oil
- 2 medium fennel, stalks removed and chopped
- 1 bunch English spinach, chopped
- 5 cups chicken stock
- ¼ cup fresh oregano leaves, chopped
- Dash nutmeg

Instructions

- In a medium sized pan, fry onion and garlic in oil for 2minutes.
- Add fennel and cook stirring for a further 5minutes or until onion is tender.
- Add the stock, cover and simmer for 10minutes until fennel is tender. Add spinach and simmer for a further 3-4minutes until spinach has wilted.
- Place in a food processor, or use an electric blender to form a smooth texture.
- Heat before serving.

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Instructions

- Fry onion and garlic in a pan with oil on medium heat until slightly browned.
- Add sweet potato and spices and cook for 5minutes or until sweet potato has become slightly tender.
- Add stock and simmer for 10-15minutes or until sweet potato has softened.
- Remove from heat and stir in coconut milk. Place in a food processor or use an electric blender to form a smooth texture.
- Heat before serving.



Sweet Potato Curry Soup

Ingredients

- 1 onion, diced
- 1tbs oil
- 2 garlic cloves, finely chopped
- 4 cups diced sweet potato
- 4 cups chicken or vegetable stock
- 1tbs ground coriander
- 1tsp ground turmeric
- 1tbs ground cummin
- 2tsp ground cinnamon
- ½ tsp ground ginger
- 2tbs ground paprika
- 1 small chilli, finely chopped
- 1 cup coconut milk



Brussels Sprout and Bacon Soup

Ingredients

2 tbs olive oil
4 slices bacon meat, finely diced
4 cups Brussel sprouts, trimmed and cut into quarters
2 cups vegetable or chicken stock
Pepper to taste

Instructions

In a pan over medium-high heat fry bacon in olive oil until browned and slightly crispy.

Add brussel sprouts and sauté for 5 minutes.

Add the stock and a dash of pepper.



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Cooled Cucumber Soup

Ingredients

1 1/2 cups cucumber, peeled, seeded and diced
1 avocado, peeled, seeded and diced
2 shallots, diced
3tbs lime juice
1/3 cup fresh coriander, chopped
Dash of chilli
1 cup water
1 cup coconut milk
Salt and Pepper

Instructions

Place all ingredients but the coconut milk and salt and pepper. Blend on high speed for 2-3 minutes or until smooth.

Add coconut milk, salt and pepper and blend for a further 30 seconds.

Transfer to a large bowl, cover and place in the fridge to cool for 30 minutes before serving.

MEATS



NOTE:

Recipes marked with an *, contain one of the following ingredients which are not classified as Paleo.

- Mustard

ALSO SEE:

- Meatballs (Snacks) Pg
- Ham and Pineapple Fritter (Snacks)
- Rocket, Bacon and Walnut Salad (Salads)
- 24hr Salad (Salads)
- Sausage Salad (Salad)
- Tomato and Bacon Soup (Soups)
- Brussels Sprout and Bacon Soup (Soups)
- Brussel Sprout Bake (Omelets)
- Baked Leek and Bacon Omelette (Omelets)
- Bacon and Egg Omelette (Omelets)



Moroccan Lamb with Squash

Ingredients

500 g diced lamb
1 tbs oil
3 cups chicken or vegetable stock
1 tbs ground cinnamon
3 cups diced pumpkin
1 onion, sliced
6 yellow button squash, cut into halves
1 lemon, juiced
1 tbs honey
2/3 cup pitted prunes
Dash salt and pepper

Instructions

Heat oil in a pan and fry diced lamb until cooked through.

Add the stock and cinnamon. Cover pan and simmer for one hour.

Add pumpkin, squash, onion, lemon juice and honey, cover and simmer for another 30 minutes, or until vegetables are cooked. Add prunes, salt and pepper and cook for an additional 5 minutes.

Cool slightly before serving.

Beef with Zucchini

Ingredients

280g beef, cut into strips
1tbs oil
1 onion, finely chopped
2 cloves garlic, finely chopped
4 tomatoes, chopped
½ tsp salt
1 tsp ground pepper
⅓ cup water
4 small zucchinis, cut crossways into pieces
1 red capsicum, diced

Instructions

Heat oil in a pan and fry beef strips until browned on all sides.

Add the onions, garlic, tomatoes, water, salt and pepper and simmer for 1 hour. Check from time to time to make sure mixture hasn't become too dry; add more water if necessary.

Stir in zucchini and capsicum pieces and simmer for a further 20minutes.



* Beef and Mushroom Dish

Ingredients

280g sliced lean beef/steak
6cups sliced mushrooms
1 diced onion
2 garlic cloves
⅓ cup balsamic vinegar
1½ tbs ground paprika (mild)
2 tsp Mexican chilli powder
Ground Pepper
1 serve
6 spears asparagus
1 head lettuce leaves
½ cup tomato

Instructions

In a bowl place the mushrooms and balsamic vinegar and leave to marinate while continuing with cooking the meal.

Fry onion and garlic until browed, add chopped beef and cook until beef has cooked, mix in paprika, Mexican chilli powder and pepper. Add the mushrooms and balsamic vinegar to the pan and stir, leave to simmer for 10-15min until mushrooms have shrunk and beef is tender.

Serve with fresh asparagus and salad.





* Beef Rouladen

Ingredients

1 sirloin tip steaks – thin
Mustard
1 bacon eye
½ small cucumber pickle
Small piece of carrot
Piece of onion
Oil

Instructions

Bash out steak until about 1 cm thin. The thicker it is the harder it will be to roll. Lay steak out and on one side spread on a decent amount of mustard. At one end of the steak, place the bacon eye, pickle and some onion. Carefully roll up the steak as tight as possible so inside ingredients don't fall out. Once rolled up hold together with tooth picks.

Place steak in a pan with a decent amount of heated oil and fry until the outside of the steak is well browned (not just browned, dark brown!). This part of the process is where the flavor comes from, so make sure the meat is cooked well, this may take around 20 minutes.

Once the meat is ready, drain any excess oil from pan and add some water. Place pan back on the heat with steak roll and simmer for at least an hour, until meat is soft and tender.

Serve with some vegetables.

Meat Filled Eggplant

Ingredients

170g lean mince meat
½ cup diced onion
3 garlic cloves (finely chopped)
1 tbs tomato paste
400g diced tomato
Herbs – Sage, mixed Italian herbs, thyme, basil, cumin ground (small amount), cinnamon (small amount)
1 eggplant cut in half
1 cup lettuce

Instructions

Place eggplant halves in a dish and bake in a pre-heated 180degree Celsius oven for 15-20 minutes, or until soft.

While the eggplant is in the oven prepare the meat by frying the onion and garlic in a pan until browned. Remove from the pan and cook the mince meat, stirring so there are no big lumps.

When the meat is cooked, return the onion and garlic to the pan along with herbs (to taste). Add tomato paste and cook for 2-3 minutes. Add the diced tomatoes and leave to simmer for 20-30 minutes.

When the eggplant is ready, use a fork to scrape the inside of the eggplant until mushy, Place the meat on top of the eggplant half and serve with lettuce.





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Paprika Lamb

Ingredients

2 tbs oil
500g diced lamb
1 large onion, thinly sliced
3 garlic cloves, finely chopped
½ tsp caraway seeds
¼ cup ground paprika
2 x 400g cans diced tomatoes or 3 cups fresh tomatoes, diced

Instructions

Place oil and veal in a pan, fry over medium heat until browned, setting pan juices aside as they form.

Remove veal from pan and add remaining 1tbs oil along with onion and garlic. Cook on medium heat for 5 minutes or until onions are soft. Add caraway seeds and paprika and stir for 30 seconds.

Add diced tomatoes and veal to the pan, cover and leave to simmer for 1 hour or until meat is tender and sauce has thickened. Add a little water if sauce begins to dry.



Peppered Steak

Ingredients

4 x 100g rump steaks
4 tbs crushed peppercorns
1 egg, beaten
1 tbs oil

Instructions

Dip each steak into beaten egg, and then cover with crushed peppercorns.

Place the steak on a frying pan or barbeque with some oil to grease. Fry high for 30 seconds each side, reduce heat and cook until steak is at desired tenderness.

Serve with boiled vegetables and/or salad.

Roast Pumpkin with Coleslaw

Ingredients

4 large pieces of pumpkin, seeds removed
3 tbs oil
6 rashers bacon, diced
Coleslaw
2 medium carrots, grated
¼ cabbage, finely sliced
2 stalks celery, thinly sliced
2 red radishes, finely diced
6-8 tbs mayonnaise

Instructions

Pre heat oven to 200 degrees Celsius, fan-forced.

Place large pumpkin pieces along with 2tbs oil into an oven proof dish, and place in oven for 40-50 minutes, or until cooked.

Meanwhile, place diced bacon and 1tbs oil into a fry pan on medium-high heat until cooked and slightly crispy.



To make the coleslaw, place all ingredients into a bowl and mix until all combined.

To serve, place pumpkin on plate along with some coleslaw, sprinkle bacon pieces on top.



Beans Egg 'n' Bacon

Ingredients

4 cups green beans
115g bacon meat (no or little fat)
8 egg whites
Cracked pepper

Instructions

Steam beans in a pan with some water until cooked, drain and place to the side.

In a frying pan fry until cooked. When the bacon is cooked, add egg whites and scramble together with the bacon and some cracked pepper until egg whites have cooked.

Mix egg/bacon with beans.

Serve with lettuce/salad.



Honey Apple Baked Pork

Ingredients

- 50g olive oil
- ¼ cup honey
- 6 x 200g pork fillet pieces
- 3 pink lady apples, washed and slices horizontally into approx 5mm thin slices
- Pinch of chopped sage
- 3 bunches English spinach
- 4 tbs pine nuts
- Squeeze lemon juice
- Salt and pepper

Instructions

Pre heat oven to 180 degrees Celsius.

In a small pan, combine olive oil and honey over a low heat until honey has melted. Glaze the pork fillets in the honey mixture and cook both sides for around 2 minutes.

Place baking paper on a baking tray and lay out 6 groups of 4apple slices, brush with honey mixture, top with sage and pork fillets. Top with 2 more apple slices and another coat of honey mixture. Bake for around 15-20 minutes, or until the apples have caramelised and golden and pork is cooked.

In a fry pan on low heat, place pine-nuts and stir until golden brown. Steam spinach until cooked, mix in a squeeze of lemon juice.

To serve, place pine-nuts on top of spinach.

Place oil in a large pan on medium-high heat. Place capsicums meat side down and cook for 5-8minutes until meat browns.

Place capsicums on their side and add tomato juice, leave to simmer for 60minutes or until meat is cooked.

In a small bowl combine arrowroot and some water until no lumps appear. Add to tomato sauce and combine well, leave to simmer for a further 5minutes.

Serve and enjoy.

Stuffed Paprika

Ingredients

- 500g mince meat
- 1 bunch parsley, chopped
- 1 onion, chopped
- 1tsp salt
- 3 medium capsicum
- 1lt tomato juice
- 3tbs arrowroot oil

Instructions

Place mince meat, parsley, onion and salt in a bowl and combine well.

Cut out top of capsicums and remove seeds. Fill capsicum with mince meat.



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Lamb and Capsicum Skewers

Ingredients

6 wooden skewers; soaked in cold water for 30 minutes.
230g diced lamb
1 green capsicum, diced
2 tbs olive oil
1 tsp apple cider vinegar
½ tsp salt
Dash pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced or pre-heat BBQ grill on high heat.

Place olive oil, apple cider vinegar, salt and pepper in a small bowl and combine well.

Thread diced lamb onto skewers alternately with diced capsicum. Place on an oven tray lined with baking paper and coat with olive oil sauce.

Bake in oven for 30-40 minutes.

If cooking on a BBQ grill, cook lamb for 5-6 minutes each side.

CHICKEN



NOTE:

Recipes marked with an *, contain one of the following ingredients which are not classified as Paleo.

- Peanuts (optional)
- Fish Sauce (optional)

ALSO SEE:

- Fruit and Nut Chicken Salad (Salads)
 - Pecan Chicken Salad (Salads)
- Chicken and Pistachio Salad (Salads)
 - Chicken Soup (Soups)
 - Mexican Chicken Soup (Soups)



Chicken with Macadamia Topping

Ingredients

2 chicken breasts, each breast cut into 3 pieces
2 tbs oil
Macadamia Topping
1/3 cup diced red onion
1 garlic clove, finely chopped
1 tbs oil
Decent dash of salt
1/2 cup macadamia nuts
4 tbs chopped chives

Instructions

Fry chicken with oil in a pan on high heat. Cook for 6-10 minutes or until browned and cooked through, flip chicken over occasionally to cook both sides.

To make the macadamia topping, separately fry onion and garlic in oil and salt until browned and soft. Remove from pan, leaving oil in pan. Place pan back on heat and add macadamias stirring constantly until lightly browned.

Using an electric blender, combine onion and garlic and macadamia nuts and pulse until a crunchy texture has formed. Place mixture in a bowl and mix in chopped chives.

To serve, place chicken on a plate and sprinkle decent amount of macadamia mixture over the top. Serve with salad and/or vegetables.



* Chicken Piccadillo

Ingredients

285g chicken breast, cubed
 1 tsp olive oil
 1 cup diced onion
 2 chopped garlic cloves
 3 large tomatoes, peeled, seeded and chopped,
 or 400g can of diced tomatoes
 1/3 cup water
 1 1/4 cups red capsicum, diced
 15 stuffed olives
 2/3 cup corn kernels (optional)
 9 seeded organic prunes
 1/4 tsp ground cloves
 2 tsp vinegar

Instructions

Fry onion and garlic in a pan with olive oil until browned. Add chicken until cooked.

Add tomatoes and water and simmer for 5 minutes.

Add the capsicum, olives, corn, cloves and vinegar and simmer for 10-15 minutes.

Add prunes and cook for another 10 minutes.

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Instructions

Place chicken breast in a pan with lemon, bay leaves and peppercorns. Add enough water to almost cover chicken.

Bring water slowly to a simmer, but not boiling as this will toughen the chicken. Cover and cook for 7-10 minutes or until cooked; time will depend on the size and thickness of the chicken.

When cooked, remove from heat and stand for around 10 minutes, or until chicken has cooled. Discard liquid and shred chicken.

Toss together remaining ingredients, then add chicken to serve.



* Thai Chicken Salad with English Spinach

Ingredients

2 Chicken breast fillets
 1 lemon, thinly sliced
 2-3 bay leaves
 Peppercorns (just a few)
 1 carrot, finely grated
 4 cups English spinach
 Mint, chopped
 2 cloves garlic, finely chopped
 2 fresh red chillis, finely chopped
 1/2 cup peanuts (or preferred nuts)
 Juice of 1 lemon
 2 tsp fish sauce (optional)



Hazelnut Chicken Schnitzel

Ingredients

2 chicken breasts
1 egg, beaten
2/3 cup ground hazelnuts
Salt

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place chicken breasts between 2 pieces of baking paper. Using a meat hammer or the end of a rolling pin, bash chicken breasts until 1cm thick.

Place beaten egg in a medium size bowl, and ground hazelnuts on a large plate.

Dip each chicken breast into the beaten egg mixture until well coated, then place onto the ground hazelnuts, turning over to cover well.

Place chicken on a baking tray lined with baking paper and bake in the oven for 30-40 minutes, or until chicken has cooked through.

Serve with a salad or steamed vegetables.

Chicken with Basil and Orange Sauce

Ingredients

2 chicken breasts
2 tbs olive oil
1 cup freshly squeezed orange juice
2/3 cup fresh basil, roughly chopped
Salt

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place chicken breasts between 2 pieces of baking paper. Using a meat hammer or the end of a rolling pin, bash chicken breasts until 1cm thick.



Place chicken breasts in an oven proof dish along with olive oil, orange juice, basil and a good dash of salt. Cover tightly with a sheet of aluminium foil.

Bake in oven for 30-40 minutes, or until chicken is cooked through.

Serve with a salad or steamed vegetables.



Chicken with Avocado Sauce

Ingredients

3 cups pumpkin, chopped into big pieces
1 tbs olive oil
Salt and pepper
2 chicken breast fillets
1 tbs oil
½ avocado
1 tbs fresh basil, finely chopped
1 tbs lemon juice
1 cup rocket

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

In an oven proof dish, place diced pumpkin, olive oil, salt and pepper. Bake in oven for 40-60 minutes or until cooked.

Heat oil in a pan over medium heat, fry chicken for 5-7 minutes each side or until cooked through. Set meat aside for 5 minutes, then thinly slice chicken, cutting across the grain.

In a food processor, place avocado, basil and lemon juice, pulse until a smooth paste has formed.

To serve, layer chicken slices over pumpkin and rocket and top with avocado mixture.



***Chicken Larb Kai**

Ingredients

3 chicken breasts
1tbs oil
1 chilli, chopped
1 garlic clove, finely chopped
1 cup chicken stock
½ tsp red curry paste
2tsp fish sauce (optional)
4tbs lemon juice
½ cup mint leaves, finely chopped
1 bunch coriander, finely chopped
1 red onion, finely sliced

Instructions

Place chicken breasts in a food processor and mince.

Place oil in a large pan on medium-high heat, add oil, chilli and garlic and stir for 1 minute. Add ground chicken and stir continuously until cooked through, making sure to break up any large lumps.

Add the chicken stock and leave to simmer for 8-10 minutes, or until liquid has absorbed. Add curry paste, fish sauce, lemon juice and simmer for a further 2-3 minutes.

Remove pan from heat, add mint, coriander and onion, combine well and leave covered for a further 2 minutes.

Serve.



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Chicken Satays with Coriander and Chilli

Ingredients

6 wooden skewers; soaked in cold water for 30 minutes.
500g chicken breast, cubed
1 tbs olive oil
¼ cup lemon juice
1 onion, chopped
2 garlic cloves
1 cup fresh coriander leaves
1 tbs ground turmeric
1 tbs chilli flakes
1 tbs garam masala
1 tbs ground coriander seeds

Instructions

Place olive oil, lemon juice, onion, garlic cloves, coriander, turmeric, garam masala and ground coriander seeds in a food processor and blend on high speed until a smooth texture has formed.

Thread chicken onto wooden skewers and place in a dish, pour marinade over chicken, turning until well coated. Cover dish and place in the fridge for 1-2 hours to marinate.

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place chicken skewers on an oven proof tray lined with baking paper, brush with marinade. Bake in oven for 20-30 minutes until chicken has cooked through.

Rosemary and Lemon Chicken Skewers

Ingredients

6 wooden skewers; soaked in cold water for 30 minutes.
2 chicken breasts, diced
2 tbs olive oil
2 tbs rosemary, finely chopped
1 tsp grated lemon rind
1/3 cup lemon juice
Salt

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.
Or, pre-heat BBQ grill on high heat.

Place olive oil, rosemary, lemon rind lemon juice and salt in a small bowl and combine well.

Thread diced chicken on skewers and place on an oven tray lined with baking paper, coat chicken with rosemary and lemon sauce.

Bake in oven for 30-40 minutes, or until chicken has cooked through.

If cooking on a BBQ grill, cook chicken for 5-6 minutes each side.



Bombay Chicken Skewers

Ingredients

6 wooden skewers; soaked in cold water for 30 minutes.
2 chicken breasts, diced
4 tbs oil
2 tbs sweet paprika
1 tbs ground coriander
1 tbs ground cumin
1 tbs ground turmeric
2 cloves garlic, finely chopped

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Or, pre-heat BBQ grill on high heat,
Make Bombay sauce by heating oil and spices in a frying pan on medium heat for 2-3 minutes, or until fragrant.

Thread diced chicken on skewers and place on an oven tray lined with baking paper. Coat chicken well with Bombay sauce.

Bake in oven for 30-40 minutes, or until chicken has cooked through.

If cooking on a BBQ grill, cook chicken for 5-6 minutes each side.

SEAFOOD



ALSO SEE:

- Tuna and Olive Salad (Salads)



Fish with Garlic Basil Mayonnaise

Ingredients

2 serves fish fillets
4 tbs mayonnaise
1 large garlic clove, finely chopped
 $\frac{1}{3}$ cup fresh basil, finely chopped

Instructions

Pre-heat oven to 180 degrees Celsius.

In a small bowl, mix together mayonnaise, garlic and basil.

Place fish fillets on an oven tray lined with baking paper and coat evenly with mayonnaise dressing.

Bake in the oven for 15-20 minutes, or until fish has cooked.



(Picture is of 2x recipe instructions)

Pickled Fish

Ingredients

2 tbs Olive Oil (for frying)
 3 tbs Olive Oil (for sauce)
 4 Swordfish fillets (or other white fish)
 3 tbs white vinegar
 2 large bay leaves
 1 tsp salt
 Decent dash of pepper
 Rind of 2 oranges
 1 green capsicum, seeded and cut into strips
 1 large garlic clove, crushed
 1 tsp tarragon
 1 tbs finely chopped shallots

Instructions

Heat 2tbs oil in a frying pan and brown the fish fillets quickly on both sides until cooked. Carefully transfer the fish to a shallow glaze dish.

Combine the remaining ingredients and pour over the fish.

Cover tightly with plastic wrap.

Refrigerate at least 12 hours, basting occasionally.

Dory and Beetroot Salad

Ingredients

Fish
 115g Dory (or other white fish)
 Lemon juice
 Salt and pepper
 Salad
 1/3 small beetroot, finely diced
 1/2 medium tomato, finely diced
 1 cup lettuce, finely chopped
 5 walnuts, chopped
 Lemon juice

Instructions

Place fish on an oven tray and sprinkle with some lemon juice, salt and pepper.

Bake in a pre-heated oven at 180degrees Celsius (fan forced) for around 10-15 minutes. Fish does not take long to cook.

For the salad, add all ingredients into a bowl and mix well, adding lemon juice to taste.





Calamari with Crunchy Veg

Ingredients

130g Calamari, sliced into rings
2 tbs olive oil
 $\frac{3}{4}$ cup carrot, sliced
4 brussel sprouts, sliced into quarters
Salt

Instructions

Add 1 tbs olive oil to a pan and heat. When oil is hot, add calamari and cook on high for 2-3 minutes or until cooked through.

Remove calamari from pan.

And add the other 1 tbs of olive oil to the pan along with chopped vegetables and salt and place back onto the heat.

Stir together for 3-4 minutes before serving.



Baked Salmon with Pistachio Salsa

Ingredients

700g fresh salmon fillets
2 tbs olive oil
1 bunch dill
1 Orange, juiced
Sea salt
-
1 bunch flat leaf parsley, finely chopped
1 tbs small capers
 $\frac{1}{2}$ cup pistachio kernels
 $\frac{1}{4}$ cup shallots, finely sliced
1 tbs olive oil
-
4 cups pumpkin, chopped
3 tbs olive oil

Instructions

Pre-heat oven to 180 degrees Celsius.

Rinse the salmon fillet under cold running water and pat dry with a paper towel. Rub sea salt into the flesh of the fish and wrap in some aluminium foil along with some sprigs of dill, orange juice and olive oil. Fold edges of aluminium foil to form a tight package. Bake in oven for 20-30 minutes or until cooked through.

In an oven proof dish, combine pumpkin pieces and olive oil and place in the oven at the same time as the fish. Cook for around 20-30 minutes or until soft and golden.

To make the salsa, combine parsley, capers, pistachios, shallots and olive oil and mix well.



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Tuna and Sweet Potato Patties

Ingredients

2 cups diced sweet potato, peeled
180g can tuna in brine, drained
¼ cup almond meal
2 eggs
1 tbs olive oil
Salt and pepper

Instructions

Place diced sweet potato in a pan with water on medium-high heat and boil for 10-15 minutes or until tender and cooked through.

Remove sweet potato from pan and place in a medium sized mixing bowl along with tuna, almond meal, eggs, olive oil, salt and pepper. Combine well.

Shape mixture into patties and place on a pre-heated grill on medium heat, cook for 5-7 minutes, or until cooked through.

Serve with salad.



White Fish with Lemon and Chilli

Ingredients

Aluminium foil
2 serves fish fillets
4 cups spinach leaves
4 tbs olive oil
1/3 cup lemon juice
2 tsp chillies, chopped
Salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius.
In a small bowl, mix together olive oil, lemon juice, chillies, salt and pepper.

Place half the spinach in the centre of a large sheet of aluminium foil. Place one fish fillet on top of the spinach and evenly coat in half the lemon and chilli dressing.

Fold the edges of the foil completely around each fillet and place on an oven proof baking tray. Repeat process with the other fish fillet.

Bake in the oven for 10-15 minutes, or until fish has cooked.

White Fish with Onion and Broccoli

Ingredients

Aluminium foil
2 serves fish fillets
1 small onion, finely sliced
1 cup broccoli, roughly chopped
Olive oil
Dash paprika
Salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius.

Place one fish fillet in the centre of a large sheet of aluminium foil. Place onion and broccoli on top of fish fillet and drizzle with olive oil, paprika, salt and pepper.

Fold the edges of the foil completely around each fillet and place on an oven proof baking tray. Repeat process with the other fish fillet.

Bake in the oven for 10-15 minutes, or until fish has cooked.

OMELET'S





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Asparagus and Basil Omelette

Ingredients

5 asparagus stalks cut into 1 inch pieces
1 large clove garlic, finely chopped
1 tbs oil
2/3 cup mushrooms, diced
4 eggs, beaten
½ cup fresh basil, roughly chopped
Salt and pepper

Instructions

Boil asparagus pieces for 2-4 minutes, or until tender. Drain and place asparagus to the side.

Fry garlic in oil for 1 minute, add mushrooms and cook for a further 2 minutes. Remove from pan and mix with asparagus, chopped basil, salt and pepper.

Heat frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs has set turn the mixture over by placing another sheet of baking paper on top and flipping the eggs onto it. Transfer onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

To serve, place omelette on a plate and spoon asparagus mixture onto one half and fold over the omelette



Spanish Omelette

Ingredients

1 tbs oil
 1 red onion, sliced into strips
 4 garlic cloves, finely chopped
 1 cup carrot, diced
 1½ cup parsnip, diced
 1½ cups pumpkin, diced
 1 whole red capsicum, diced
 1 cup zucchini, diced
 8 eggs
 ½ cup water
 Dash of sage
 Dash of mixed herbs
 Salt and pepper
 Handful fresh parsley, chopped

Instructions

Pre-heat oven to 180 degrees Celsius (fan forced).

In a pan heat oil and lightly fry onion and garlic until partly softened. Add carrot, parsnip and pumpkin with a dash of water.

Cover to steam stirring occasionally until nearly cooked. Add capsicum and zucchini and continue cooking until all vegetables are fully cooked.

In a mixing bowl, beat together eggs, water, herbs, salt and pepper. Place vegetables in an oven proof dish and pour over beaten egg mixture, sprinkling parsley on top. Bake in a pre-heated oven for 15-20 minutes, or until eggs are set.

Leave to cool slightly before serving.

Brussel Sprout Bake

Ingredients

4 cups brussel sprouts, whole
 1 tbs oil
 10 bacon (eyes), diced
 1 onion, diced
 4 whole eggs
 ⅓ cup water
 salt and pepper
 16 cashew nuts

Instructions

Pre-heat oven to 180 degrees Celsius (fan-forced).

In a pan heat oil and fry onion until slightly cooked, add bacon and continue cooking until bacon is browned.

Meanwhile, boil whole brussel sprouts in a pan with water until cooked.

In a mixing bowl, beat the eggs, water, salt and pepper together well.

In an oven proof dish, mix the brussel sprouts, onion, bacon mixture and cashews before evenly pouring over the beaten egg mixture.

Bake in the pre-heated oven for 15-20 minutes, or until eggs are set.





Vegetable and Nut Omelette

Ingredients

1½ cups pumpkin, diced
 2/3 cup eggplant, diced
 1 medium sized tomato, diced
 3 whole egg
 4 walnut halves chopped
 1 tbs sunflower seeds
 Salt and pepper
 Dash of water

Instructions

Boil diced pumpkin in a pan until nearly cooked, place eggplant into the pan and continue to boil for 2-3 minutes or until pumpkin and eggplant are both cooked.

In a bowl, beat together the eggs with a dash of water and some salt and pepper.

Heat frying pan lined with baking paper. Place the pumpkin, eggplant, tomato, walnuts and sunflower seeds onto the baking paper and pour the egg mixture over the top.

When the bottom of the omelette is cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the mixture onto it, then transfer back into the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

Baked Leek and Bacon Omelette

Ingredients

2 Serves
 2 cups Leek, diced
 55g diced bacon (meat only)
 3 egg whites
 1/3 cup water
 salt and pepper
 Freshly chopped parsley

Instructions

Pre-heat oven to 180 degrees Celsius (fan-forced).

Trim leek around 5cm beyond the point where the leaves start to darken. Slit leek lengthwise upward through leaves (leaving base intact). Wash by pulling apart layers with your fingers to get rid of any dirt. Dice the leek into big pieces and steam in some water for around 10 minutes or until soft.

Fry the bacon until cooked. Whisk together egg whites, water, salt and pepper. Add the cooked bacon and leeks.

Place egg mixture into two separate oven dishes and cook in the oven for 15-20 minutes or until eggs have cooked and mixture is not runny.





Bacon and Egg Omelette

Ingredients

1 tbs oil
5 bacon eyes, diced
3 shallots, chopped
5 eggs
1 handful freshly chopped parsley

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Fry bacon and shallots in a frying pan with oil for 4 minutes, or until slightly browned and cooked.

Beat eggs in a bowl and combine bacon, shallots and parsley.

Poor into an oven proof dish lined with baking paper and bake for 20 minutes, or until set.

Leave to cool for 5 minutes before serving.

Banana Omelette

Ingredients

1 Banana
3 whole eggs, separated
Dash cayenne pepper
Water
Salt and pepper to taste
Dash cinnamon
Sprinkle Parsley (optional)

Instructions

Cut banana in half lengthways and then cut each half into 3 (6 pieces all up). Place on a baking tray lined with baking paper and bake in an oven pre-heated to 180degrees Celsius (fan forced) until softened and brown. The riper the banana and longer it is left in the oven, the more it will dry out.

In a bowl whisk together egg yolks, cayenne pepper, salt and pepper and a little water. In another bowl beat egg whites until light and fluffy and soft peaks form. Fold in the egg yolk mixture and pour into a frying pan on medium heat, with baking paper on top.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

When omelette is cooked turn onto a plate and place banana pieces on top, sprinkling with some cinnamon and chopped parsley leaves.



Raisin Omelette

Ingredients

2 tbs raisins
3 eggs
Dash ground cinnamon
Dash ground all spice
Dash nutmeg

Instructions

Boil raisins in some water for 1 minute. Drain well.

In a bowl, beat together eggs, cinnamon, all spice and nutmeg. Stir in raisins.

Heat a frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for another 2-3 minutes, or until browned on the bottom.

DESSERTS



NOTE:

Recipes marked with an *, contain one of the following ingredients which are not classified as Paleo.

- Rosewater essence
- Almond Essence



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Raspberry Sorbet

Ingredients

1½ cups raspberries
⅓ cup coconut milk
½ medium banana
1 tbs lemon juice
1 tbs honey
1 egg white, beaten until stiff peaks have formed

Instructions

In a blender, place raspberries, coconut milk, banana, lemon juice and honey and blend on high until a creamy texture has formed.

Gently fold raspberry mixture into the beaten egg white. Pour mixture into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.

Avocado and Mint Sorbet

Ingredients

2 large avocados, skin and pip removed
2 cups diced honeydew melon
½ lemon, juiced
1 bunch of mint
2 tbs honey
⅓ cup coconut milk
2 egg whites, beaten until stiff peaks have formed

Instructions

Using an electric blender, blend together avocados, honeydew, lemon, mint, honey and coconut milk until a creamy texture has formed.

Fold avocado mixture into the beaten egg whites.

Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.

Remove from the freezer 10 minutes prior to serving, cut into slices.



Mango lime and Coconut Sorbet

Ingredients

1 large mango
1 finely grated lime
1 tbs lime juice
1 tbs honey
½ cup coconut milk
1 egg white, beaten until stiff peaks have formed

Instructions

Using an electric blender, blend together mango, lime zest, lime juice, honey and coconut milk until a creamy texture has formed.

Fold mango mixture into the beaten egg white.

Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.



Melon and Sorbet Slice

Ingredients

1 rockmelon (cantaloupe)
Sorbet mixture of choice (from this recipe book but not yet frozen)

Instructions

Cut rockmelon in half. Remove seeds using a spoon to scoop them out.

Place rockmelon in the freezer until frozen.

When rockmelon is frozen, pour sorbet mixture into each melon half, smooth the surface and place in the freezer for another 6 hours or overnight until set.

When ice-cream has frozen, cut melon halves into slices using a sharp knife.

Recipe also works well using honeydew melon.



Chocolate and Cinnamon Ice

Ingredients

4 cups water
½ cup cocoa powder
5 tbs honey
1 cinnamon stick

Instructions

In a pan on medium heat, place all ingredients and bring to simmering point and stir gently for 5 minutes.

Leave to cool then remove cinnamon stick.

Pour mixture into an ice-cream container / freezer proof container for 2 hours. Break mixture up into crystals with a fork and place back into the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If you wish to freeze the mixture overnight, leave mixture out to soften 30 minutes before breaking up the crystals for the first time.)



Watermelon Ice with Coconut Milk

Ingredients

3 cups fresh watermelon juice
1½ tbs honey
2 tbs lemon juice
1 cup coconut milk
2 tbs vanilla essence or 1 vanilla pod

Instructions

To obtain fresh watermelon juice, either use a juicer that removes the pulp and seeds, or place watermelon in a food processor and pulse until smooth, place a sieve over a large bowl and pour watermelon through, pressing firmly down to extract all the liquid, discard of pulp and seeds.

On medium heat, place 1 cup of watermelon juice, honey and lemon juice in a pan and bring to simmering point for 1 minute. Add to the remaining watermelon juice and pour into an ice-cream container / freezer proof container and place in the freezer for 2 hours.

Break mixture up into crystals with a fork and place back into the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If you wish to freeze the mixture overnight, leave mixture out to soften 30 minutes before breaking up the crystals for the first time.)

To make the coconut milk mix together coconut milk and vanilla essence. If using a vanilla pod, cut in half and scrape the seeds from the pods. Place the pod, seeds and coconut milk in the pan and bring to simmering point for 2-3 minutes. Remove vanilla pod and leave coconut milk to cool. To serve, use a fork to scrape to shave the ice. Layer the watermelon ice with the coconut milk into individual glasses.



Pineapple and Lime Coconut Ice

Ingredients

2 cups pineapple juice
1 tbs lime juice
½ cup coconut milk
2 tbs lime juice

Instructions

Combine pineapple juice and 1 tbs lime juice. Place juice into an ice-cream container / freezer proof container for 2 hours.

Break up mixture into crystals with a fork and place back into the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If you wish to freeze the mixture overnight, leave mixture out to soften 30 minutes before breaking up the crystals for the first time.)

To serve, mix together coconut milk and 2tbs lime juice.

Place pineapple ice into individual serving glasses topping with a few tablespoons of coconut milk.



Mango Sorbet

Ingredients

1 cup diced mango pieces, frozen
2/3 cup light coconut milk

Instructions

In a blender, place frozen mango pieces and coconut milk.

Blend on high to form a smooth, thick texture.

Banana Sorbet

Ingredients

1 banana
1/3 cup water

Instructions

Slice banana into small/medium pieces and place in the freezer for a couple of hours, or until frozen.

Place frozen banana in a blender with water and blend on high to form a smooth, thick texture.





Cinnamon and Apple Ice

Ingredients

- 2 cups apple juice
- 1 cup water
- 1 cup coconut milk
- 1 cinnamon stick
- 1½ tbs honey
- 1 tsp ground cinnamon

Instructions

On medium heat, place water, coconut milk, cinnamon stick, honey and ground cinnamon in a pan and bring to simmering point for 4 minutes. Leave to cool and remove cinnamon stick.

Place apple juice in an ice-cream container / freezer proof container. Place cooled cinnamon mixture into a separate container and place in the freezer for 2 hours.

Break both mixtures into crystals with a fork and place back into the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If you wish to freeze the mixture overnight, leave mixture out to soften 30 minutes before breaking up the crystals for the first time.)

To serve, layer the apple juice ice and the coconut cinnamon ice into individual glasses.

Mint Chocolate Ice

Ingredients

- 2 cups water
- 1 bunch mint leaves
- 2½ tbs honey
- 3 tbs cocoa powder

Instructions

Over medium heat, place water, mint leaves and honey.

Simmer for 5-10 minutes or until mint flavour has become strong in the liquid. Remove mint leaves and leave to cool slightly.

In a cup, mix together cocoa powder with 3 tbs of mint water, removing any lumps. Stir well into the remaining mint water.

Leave liquid to cool to room temperature before placing into an ice-cream container / freezer proof container. Place in the freezer for 2 hours then break mixture into crystals with a fork and place back into the freezer.

Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If you wish to freeze the mixture overnight, leave mixture out to soften 30 minutes before breaking up the crystals for the first time.)





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Rockmelon and Blueberry Salad

Ingredients

1 small rockmelon, diced
1 cup blueberries
½ cup pistachios, shelled
1 vanilla bean
1 tbs honey
½ cup lemon juice
4 cloves

Instructions

Place rockmelon and blueberries in a large salad bowl.

Cut vanilla bean in half. Heat a small pan on medium heat with honey, lemon juice, cloves and vanilla bean.

Simmer for 3-5 minutes or until honey has dissolved. Remove cloves and vanilla pod and leave to cool.

When cooled, pour vanilla sauce over rockmelon and blueberries. Stir in pistachios to serve.

Banana with Honey Walnuts

Ingredients

1 banana
3 tbs chopped walnuts
2½ tsp Honey

Instructions

In a microwave safe mug, place walnuts and honey. Cook in the microwave for 30 seconds. Stir then repeat for another 30 seconds. Honey should boil and slightly brown the walnuts.

Cut the banana into slices and place in a bowl. Pour walnuts and honey over the banana. Be careful as the honey will be very hot.

Leave to cool slightly before eating.



Honey Pistachio Fruit Salad

Ingredients

1 banana
1 nectarine
3 tbs pistachio kernels
2 tsp honey

Instructions

In a microwave safe mug, place pistachios and honey. Cook in the microwave for 30 seconds. Stir then repeat for another 30 seconds. Honey should boil and slightly brown the pistachio kernels.

Cut the banana and nectarine into slices and place in a bowl.

Pour pistachios and honey over fruit. Be careful as the honey will be very hot.

Leave to cool slightly on the fruit before eating.



Pear Custard

Ingredients

2 eggs
½ cup coconut milk
1 tsp vanilla essence
1 pear, core removed and sliced

Instructions

Pre-heat oven to 180 degrees celsius, fan-forced.

In a individual serve oven proof bowl lay the pear slices down evenly.

In a separate bowl, whisk together eggs, coconut milk and vanilla essence until well combined.

Pour egg mixture over pears and place in the oven for 20-30minutes or until cooked through.

Test by inserting a knife into the center of the custard, if the knife comes out clean the custard is cooked.

Serve.



Coconut Custard

Ingredients

¾ cup light coconut milk
6 egg whites

Instructions

In a pan, heat coconut milk until simmering.

Beat egg whites in a bowl and slowly add to the simmering coconut milk, stirring vigorously until thickened.

Leave to cool for 7-10 minutes before serving.

Pumpkin Custard

Ingredients

1 tbs raw honey
½ tsp salt
1 tbs ground cinnamon
½ tsp ground ginger
1/4 tsp ground cloves
2 medium eggs
1¾ cup cooked pumpkin, mashed
1½ cup coconut milk

Instructions

Mix all ingredients together and bake at 180 degrees Celsius for 20-30 minutes or until custard has cooked. Test by inserting a knife into the centre and if it comes out clean it is ready.



Banana Custard

Ingredients

3 eggs
½ cup coconut milk
1 medium ripe banana
1 tsp vanilla essence

Instructions

Mash banana in a bowl until smooth, add eggs, coconut milk and vanilla essence and whisk together until well combined.

Heat a pan to medium heat, add custard mixture and stir continuously with a wooden spoon for 4-5 minutes or until custard has thickened.



Apple and Cinnamon Custard

Ingredients

2 eggs
½ cup coconut milk
1 apple, peeled, core removed and sliced
1 tsb cinnamon

Instructions

Pre-heat oven to 180 degrees celsius, fan-forced.

In an individual serve oven proof bowl, lay the apple slices down evenly.

In a separate bowl, whisk together eggs and coconut milk until well combined.

Pour egg mixture over apples and place in the oven for 20-30 minutes or until cooked through. Test by inserting a knife into the center of the custard, if the knife comes out clean the custard is cooked. Serve.





Watermelon and Coconut Slices

Ingredients

¼ watermelon
1/2 cup raspberry jam
1 cup freshly grated
coconut meat or
desiccated coconut

Instructions

Place watermelon in the
fridge and cool overnight.
Cut into slices.

Spread coconut onto a
plate lined with baking
paper.

Evenly and thinly spread
jam over watermelon slices.
Then place onto coconut
and cover well.

Serve.



Bananas in Coconut Milk

Ingredients

1 large banana, cut in half vertically
 ¾ cup coconut milk
 Dash ground cardamom
 Dash ground nutmeg
 1 tsp honey
 Dash ground cinnamon, to serve

Instructions

In a pan on medium heat, place coconut milk, cardamom, nutmeg and honey, simmer for 2 minutes while stirring.

Add banana slices and simmer with lid on pan for 2 minutes before flipping banana slices over and leaving to simmer for a further 2 minutes.

To serve place banana slices in a bowl with the coconut milk sauce. Sprinkle top with ground cinnamon.

Fried Bananas with Orange Syrup

Ingredients

1 large banana
 1 tbs coconut oil
 ½ orange, juiced
 1 tsp honey

Instructions

Cut banana lengthways and then in half. Place in a heated frypan with coconut oil and fry for 3-4 minutes each side, or until golden brown on sides.

Place orange juice and honey in a separate pan, simmer and stir for 3 minutes. Leave to cool slightly.

To serve place bananas in a bowl and drizzle the orange syrup over the top.

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Cinnamon and Raisin Cookies

Ingredients

- ½ cup almond meal
- 3 tbs freshly ground walnuts
- 1 tbs honey
- 1 tbs ground cinnamon
- Dash of all spice
- Dash of nutmeg
- 2 tbs currants
- ⅓ cup raisins
- 1 egg

Instructions

- Pre-heat oven to 180 degrees Celsius (fan-forced).
- Place all ingredients in a bowl and mix well.

- On a baking tray lined with baking paper, firmly pack mixture down into a large square or rectangle shape.

- Bake in oven for 20-30 minutes, or until well browned and cooked.

- Leave to cool, then cut into individual servings.

Almond Delights

Ingredients

- 2 cups ground almond (almond meal)
- 3 egg whites
- 1½ tbs honey, melted
- 1½ tsp ground cinnamon
- ½ tsp ground nutmeg

Instructions

Pre-heat oven to 180degrees Celsius (fan forced).
In a bowl mix ground almonds, cinnamon, nutmeg and melted honey.

In a separate bowl beat egg whites until light and fluffy and stiff peaks form. Fold carefully into the almond meal to prevent too much air being lost in the egg whites.

Place teaspoon size scoops of mixture onto a baking tray lined with baking paper.

Bake in oven for 10-15 minutes or until browned and cooked.

Makes 13-15.





Nut Balls

Ingredients

- 1 cup almond meal
- ½ cup hazelnut meal
- ½ cup almond butter
- 4 tbs honey
- 2 tbs cocoa powder
- ¼ cup shredded coconut (if desired)

Instructions

In a bowl, mix together almond meal, hazelnut meal, almond butter, honey and cocoa powder. Roll mixture into small balls.

Roll balls in the shredded coconut if desired.

Keep refrigerated.

Makes 18-20 depending on size of balls.

* Marzipan

Ingredients

- 300g almond meal
- 3 tbs rosewater essence
- 4 tbs honey, melted
- 2-3 tbs cocoa powder

Instructions

In a bowl mix together almond meal and rosewater, slowly add melted honey until mixture is soft enough to stick together, add more honey if necessary.

Roll marzipan into small potato shape balls and coat with cocoa powder.

Keep refrigerated.

Makes 20-30 depending on size of balls.





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Raspberry and Lemon Tart

Ingredients

Pastry

1 cup chopped walnuts
1½ cups almonds
1½ cup dates

Filling

1 cup coconut milk
⅓ cup lemon juice
2 tsp grated lemon rind
1½ tbs honey
6 eggs, beaten
⅔ cup raspberries

Instructions

Pre-heat oven to 180 degrees Celsius (fan-forced).

Combine walnuts, almonds and dates in a food processor. Process on high for 30-40 seconds for a coarse texture. Line a 23cm tart pan with baking paper. Press pastry evenly along bottom and sides. Place in a refrigerator while making the filling.

To make the filling, place coconut milk, lemon juice, lemon rind and honey into a pan, and simmer on low heat for 2 minutes. Slowly add the beaten eggs to simmering mixture stirring vigorously to form a nice smooth texture. Add more honey if desired. Leave to cool slightly.

Pour filling slowly into the pastry case. Bake in oven for 20-30 minutes, or until a knife comes out clean.

To serve, top with raspberries.



* Almond and Pear Frangipane

Ingredients

- ¼ cup walnut oil or other light oil
- ⅓ cup honey
- 2 eggs
- 2 cups almond meal
- ½ tsp almond essence
- 3 poached pears, or tinned pears, halved

Instructions

Pre-heat oven to 180 degrees Celsius, fan forced. Grease a deep 20cm round cake pan and line with baking paper.

In a mixing bowl, beat together oil, honey and eggs until a light and fluffy. Add almond meal and almond essence and mix until well combined.

Place halved pears on the bottom of the lined cake pan and spoon frangipane mixture evenly around the pears.

Bake in the oven for 30-40 minutes, or until a knife comes out clean.



Pumpkin Pie

Ingredients

- 2 cups diced pumpkin
- 3 eggs
- 1 cup thick coconut cream
- 2tsp ground cinnamon
- 1tsp ground ginger
- 1tsp ground nutmeg
- ¼ tsp ground cloves
- ½ tsp all spice
- Maple syrup

Instructions

Pre-heat oven to 180 degrees celsius, fan-forced.

Line a 20cm cake tin with baking paper.

Place all ingredients into a food processor and blend until well combined.

Pour mixture into the cake tin and place in the oven and bake for 40minutes, or until cooked through.

Cool before serving.

Coconut Citrus Cake

Ingredients

- 4 eggs
- ¾ cup coconut milk
- 3tbs olive oil
- ¼ cup honey
- 1tsp vanilla essence
- 2tbs grated orange rind
- 2tbs grated lemon rind
- ¾ cup orange juice
- ¼ cup lemon juice
- 1 cup slivered almonds
- ½ cup coconut flour
- ⅓ cup desiccated coconut

Instructions

Pre-heat oven to 180 degrees celsius, fan-forced.

Line a 20cm round cake tin with baking paper.

Place all ingredients into a food processor and blend until well combined.

Pour mixture into the cake tin and place in the oven and bake for 1 hour, or until cooked through.

Leave to cool then refrigerate for 1 hour before serving.



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